

CITY OF FALLS CHURCH SENIOR CENTER WELLNESS EVENT

THURSDAY, MAY 17

COMMUNITY CENTER • 223 LITTLE FALLS STREET

CELEBRATE OLDER AMERICANS MONTH AT THE FALLS CHURCH SENIOR CENTER WITH A MORNING FULL OF ACTIVITIES TO HELP YOU LIVE A HEALTHIER, MORE ACTIVE LIFE.

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| 9:15-10 A.M. | SENIOR NATURE WALK AND TALK WITH JEREMY EDWARDS,
FALLS CHURCH CITY SENIOR URBAN FORESTER |
| 10:15-10:45 A.M. | SAFER SENIOR PRESENTATION BY FALLS CHURCH
POLICE OFFICER DEE WILSON |
| 11-11:30 A.M. | NUTRITION BINGO WITH NUTRITIONIST AMY HUBAL |
| 11:45 A.M.-12:15 P.M. | GRANDMA GREEN FROM THE SENIORS COALITION
DISCUSSES NEW CHANGES IN MEDICARE |
| 9:30-11:30 A.M. | FREE BLOOD PRESSURE SCREENINGS WITH
MARION PONTZER, RN, FAIRFAX COUNTY HEALTH DEPT. |

FREE! RAFFLE DRAWINGS! GIVEAWAYS! FREE REFRESHMENTS!

CALL 703-248-5020 (TTY 711) FOR MORE INFORMATION.

THE CITY OF FALLS CHURCH IS COMMITTED TO THE LETTER AND SPIRIT OF THE AMERICANS WITH DISABILITIES ACT. TO REQUEST A REASONABLE ACCOMMODATION FOR ANY TYPE OF DISABILITY, CALL 703-248-5077 (TTY 711).